

Use this worksheet to help you plan when to send each link. The schedule below shows which modules correspond to each session topic and follows the 2021 PreventT2 curriculum. Learn more about this latest version of PreventT2 at the National DPP Customer Service Center at: <https://nationaldppcsc.cdc.gov/s/article/Introducing-the-Revised-PreventT2-Curriculum>.

If you present the PreventT2 curriculum in a different order, or are using a different curriculum, send the module that corresponds to the session topic you are teaching that week. You may want to set up calendar reminders to yourself after you decide when to send each module. You can use or adapt the following messages or create your own.

Learn more about the Personal Success Tool in the **Lifestyle Coach's User Guide** available at: <https://www.cdc.gov/diabetes/prevention/resources/personal-success-modules.html>

PLEASE SEND THE LINK TO EACH MODULE **AFTER** TEACHING THE CORRESPONDING SESSION

PERSONAL SUCCESS TOOL QUICK REFERENCE GUIDE

Session Topic	Module Content	Optional Messages and Module Link to Text/Email to Participants
<p>Introduction to the Program <i>(Session 1 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> Information about the LCP tailored to participants' age Testimonial videos A pledge participants can tailor and sign 	<p>Welcome again! I look forward to starting this journey with you. Stay motivated on your own time by checking out the Personal Success Tool (PST) online modules I'll send you. This week's session helps you succeed in a way that fits your age, offers videos from participants like you, and helps you create a pledge to commit to your goals.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1</p>
<p>Get Active <i>(Session 2 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> Quiz to reinforce content from the session Suggested physical activities, tailored to participant goals and preferences 	<p>This week's online session with the Personal Success Tool (PST) is all about improving your quality of life by getting active. Think about how physically active you are right now. Find an activity that's right for you and make a plan for when things get in the way.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=2</p>



Need help with sending the links by text message? You can email the message and link to yourself and then open your email on your phone. Copy the message from your email and paste the message into a text message. Be sure to send one to each participant and not in a group chat to protect your participants' privacy.



Session Topic	Module Content	Optional Messages and Module Link to Text/Email to Participants
<p>Track Your Activity <i>(Session 3 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Concrete steps to track physical activity • Everyday activities to meet weekly 150-minute goal 	<p>This week's PST session helps you hit your physical activity goal of 150 minutes a week. Track your activity, remove obstacles, and learn what you're already doing that counts as physical activity.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3</p>
<p>Eat Well <i>(Session 4 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Reminders of steps to adopt better eating habits • Tips for choosing healthier foods at home or out 	<p>Let's look at what's on your plate—each healthy choice you make brings you one step closer to your goal. This PST module helps you examine how your thoughts and preferences impact your choices, and offers quick tips to make favorite recipes a little healthier (yes, you can still enjoy pizza!).</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4</p>
<p>Track Your Food <i>(Session 5 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Rationale for keeping a food log to double weight loss • Tool to choose a personalized way to improve food tracking 	<p>Keeping a food log can double your weight loss. Now that you know how to eat healthy, let's track your food to make each meal count. Walk through this PST module to learn ways to track and keep yourself ahead of the game.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=5</p>
<p>Managing Stress <i>(Session 9 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Experiment with and practice healthy ways to cope with stress • Brief guided meditation exercise and easy stretches for relaxation 	<p>Stress is an everyday part of life. But you can do something about it! Take a few minutes to practice healthy ways to manage stress with this quick module so you can still reach your goals.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=9</p>
<p>★ Second Pledge <i>(Send after week 9)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • A renewed pledge to update, print, and sign 	<p>Renewing your pledge can reconnect to your goal. What's been working well? What's been holding you back? What else do you want to work on? Go through this quick module and redefine your success.</p> <p>www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=2</p>

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<p>Coping with Triggers <i>(Session 11 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Tips to identify triggers (environmental and emotional) and tips to manage unavoidable triggers • Ideas to deal with reactions that may lead to unhealthy eating 	<p>Do certain situations, moods, or times of day prompt you to overeat or spend more time sitting? The smell of a favorite dish. An argument with a loved one. Baked goods in the office breakroom. When you're learning to make healthy choices, sometimes everyday life can throw you off track. But you can take control and learn healthier ways to respond to cues.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=11</p>
<p>Get Support <i>(Session 14 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Suggestions for how to find social support for positive changes • A Support Action Plan the participant can tailor and print 	<p>Make sure small steps become true lifestyle changes, by building a strong support network. Use this week's PST module to identify where you need support, and who you can count on to encourage you. Don't be afraid to reach out to someone when you need a nudge!</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=14</p>
<p>Eat Well Away from Home <i>(Session 15 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Plans for how to eat away from home outside of daily routines • Focuses on choices before, in the moment, and after the fact 	<p>Whether you are out with friends, having a lunch break on the go, or are heading to a sporting event, sticking to your healthy eating goals when you're away from home can be a major challenge. But with the right skills and mindset, you can enjoy yourself when you're out and about and still be healthy.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=15</p>
<p>Stay Motivated to Prevent T2 <i>(Session 16 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Tailored suggestions for steps to stay motivated • Ideas for beating self-defeating thoughts 	<p>What motivates you the most? Use this PST module to think about what you're doing well, and how you benefit from healthy habits. Once you really focus on what motivates you, you can set additional goals to be even more successful.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=16</p>
<p>★ Third Pledge <i>(Send after week 16)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • A renewed pledge to update, print, and sign 	<p>Renewing your pledge can reconnect to your goal. What's been working well? What's been holding you back? What else do you want to work on? Go through this quick module and redefine your success.</p> <p>www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=3</p>

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<p>When Weight Loss Stalls</p> <p><i>(Session 17 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Ways to pause and reflect on experiences, reset goals, and refresh daily routines to stay motivated • Pledge 2 is included to encourage an extra step to recommit 	<p>Are you getting closer to reaching your goals? Do your goals still feel far away? Ups and downs are part of everyone's path to lasting lifestyle change. Learn how to reflect, reset, and refresh your healthy choices in this quick module to help keep you on track along the way.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=17</p>
<p>★ Pledge 2 Renewal</p> <p><i>(Send after session 17)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • A renewed pledge to update, print, and sign (repeat of second pledge) 	<p>Renewing your pledge can reconnect you to your goal. What's been working well? What's been holding you back? What else do you want to work on? Go through this quick module and redefine your success.</p> <p>www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=2</p>
<p>Take a Fitness Break</p> <p><i>(Session 18 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Practice quick exercises in the moment • Messages to help overcome barriers and add activities into daily lives 	<p>Are you sitting down as you read this? We spend so much time sitting—in the car, at work, relaxing at home. Did you know that sitting for too long can lead to health problems? Short activity breaks can help!</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=18</p>
<p>Get Back on Track</p> <p><i>(Session 25 in PreventT2)</i></p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Offers possible solutions, a step-by-step plan, and encouragement to stay positive 	<p>Even if you're doing great on your weight loss journey, life will likely get in the way of your progress at some point. Don't give up! Make a plan now to get back on track any time you start to slip.</p> <p>www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=25</p>
<p>Four weeks after the last core session</p> <p>Session date: <input type="text"/></p> <p>Sent link: <input type="checkbox"/></p>	<ul style="list-style-type: none"> • Habits of people who reach their goals • Reminders for tracking and seeking support • Encouragement to keep going 	<p>You already know that staying on track is the key to success. Stay consistent by creating and maintaining healthy habits, so healthy decisions just become your way of life. Explore this PST module to learn how you can make healthy lifestyle changes for long term success!</p> <p>www.cdc.gov/diabetes/programs/preventt2/week20-quiz.html</p>



Thank you for taking the time and effort to make this tool available and for helping participants see its value in reaching their goals!